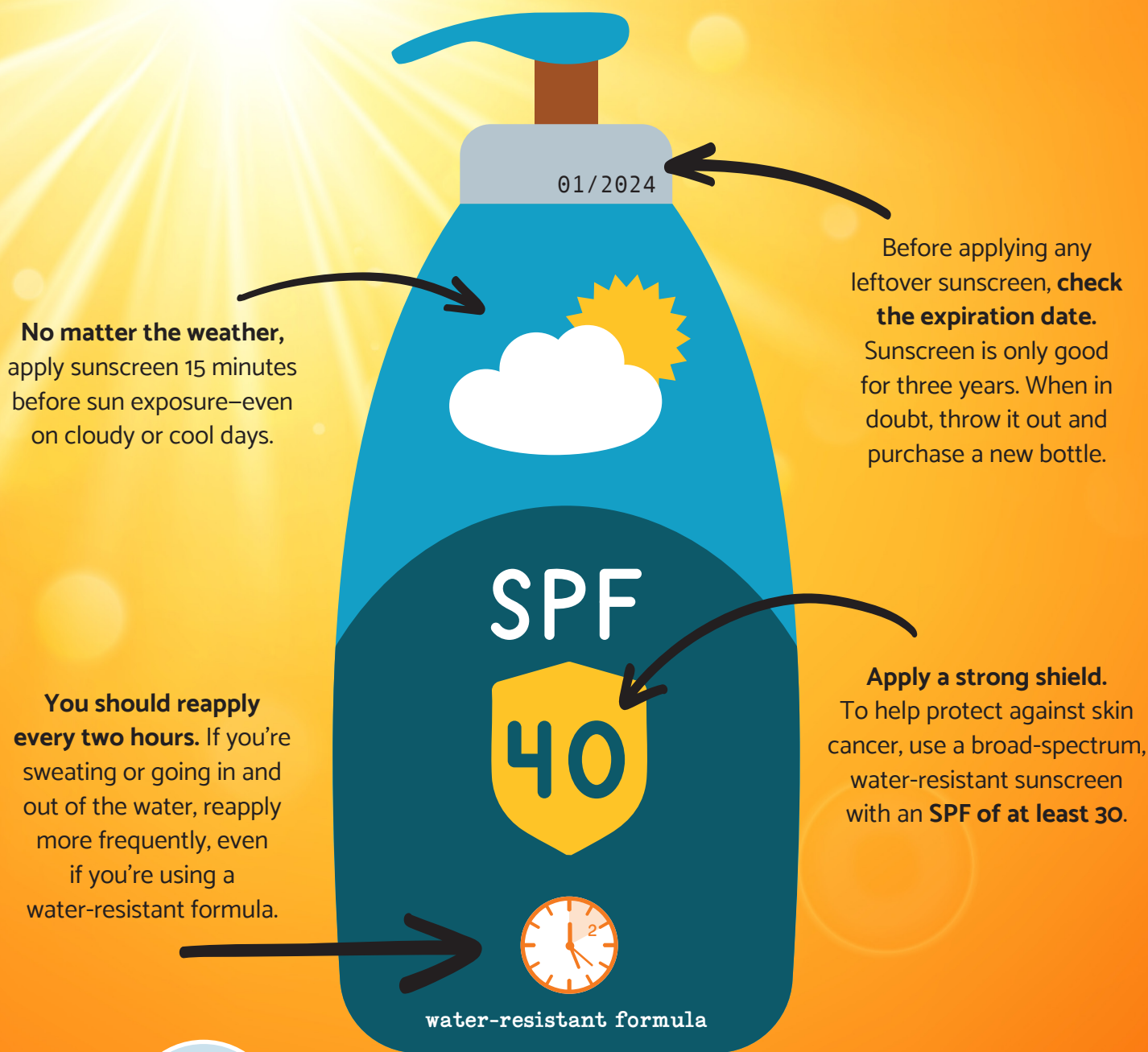


# Choosing and Using Sunscreen Safely

What's on the label matters. From SPF to expiration dates, your sunscreen bottle is packed with info to help you stay sun-safe year-round.



For added protection, watch the clock. Try to **stay in the shade** between **10 a.m. and 2 p.m.**, when the sun's rays are the strongest.